

HAPPY HOUR NEWS

All the latest RHINO-tastic happenings!

Issue 28 February 2022

HAPPY
HOUR
FITNESS

NEW LOCATION

SAME HAPPY HOUR

Extra Innings

2440 E Germann Rd Unit 9

Chandler 85286








In-person Class Changes:

- All in-person classes (with the exception of Uncle Bear's pop-ups) are now held at Extra Innings, Chandler.
- All House Party classes @Extra Innings are now 75min
- Tues 6pm: Outdoor Boot Camp is back
- Wed 9am: Crystal & Rayn are alternating
- Fri 6pm: House Party, new time, outside
- Sun 6pm: House Party, new time
- Mon 14th/28th = House Party @Uncle Bear's



MARCH

	SUN	MON	TUES	WED	THURS	FRI	SAT
8am	 Happy Hour Fitness is now at Extra Innings! 2440 E Germann Rd Unit 9 Chandler 85286 					Boot Camp Extra Innings	
9am		Boot Camp Online	Boot Camp Online	Boot Camp 3/2,16,30 House Party 3/9, 23		Boot Camp Online	
10am		Track Attack Online	Rhino FLOW Online			Track Attack Online	Deck of Cards 10-1045 Online
530pm							
6pm	House Party Extra Innings	House Party Uncle Bear's 3/14 & 28	Boot Camp Extra Innings	IRON Boot Camp Online		House Party Extra Innings	
630pm	RaynFit.com			Track Attack Online		 Extra Innings  Uncle Bear's	

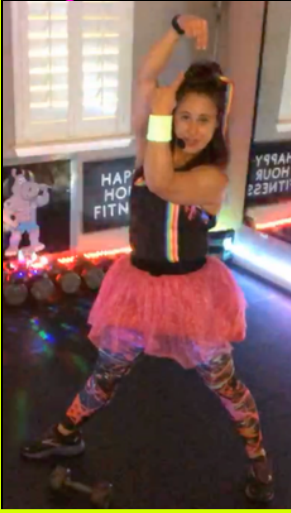


THIS IS
OUR
-NEW-
HAPPY
PLACE



Extra Innings
is conveniently
located just south
of the Loop 202
Santan Freeway,
between Cooper
& Gilbert Roads.

Rayn



Cassy



Shasta & crew



Monica



Augie



80s Day 2022



Kitty Cat Carroll, Barbie, Punky, Sophia, Violeta, Rayn, Tot, Mozie, Coach, Rhea, Tammy



Barbie



Sam



Rhea



Carroll



Tammy



Mozie

RHINO OF THE MONTH. MEET NICOLE!



What's your name/Nickname?

Nicole McKinney - "McKinney"



When did you join Happy Hour?

September 2021

What days do you Happy Hour?

Fridays and sometimes Mondays at Uncle Bear's

Hometown? Minneapolis, MN

Pets? We have a Russian tortoise named Nikolai & our newly adopted Dachshund/Poodle mix, Snoopy.

What do you do when you're not working out?

I am an external auditor with Deloitte, so this time of year is all work and some sleep! Otherwise, I love to go hiking & see local comedy shows with my husband.



Which track do you love the most?



Werk out, People Like Us, Hell Yeah (& basically every Cardio fight track)



Favorite boot camp exercise?

Anything dance based

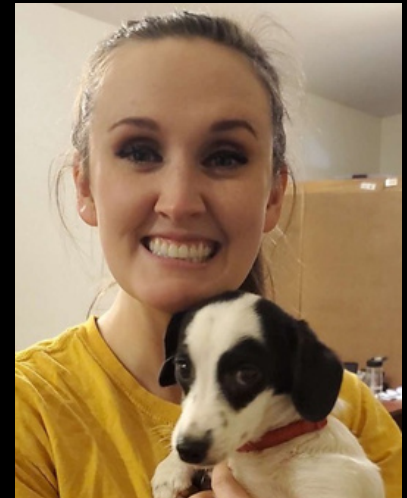
Exercise do you love to hate?

Burpees



What is your favorite Rayn-ism?

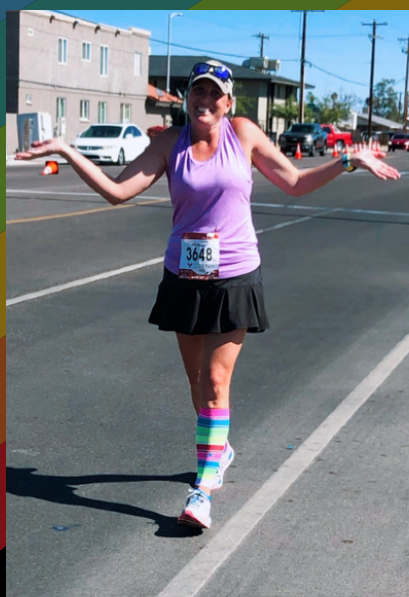
Yes you can! I have taken so many dance & dance-fitness classes with a variety of instructors, but Rayn is hands down the most passionate & giving person I have ever had the pleasure of learning from. This is my first experience with strength training & I would've quit long ago if it wasn't for Rayn's energy!



Community Gainzz: Mesa Marathon

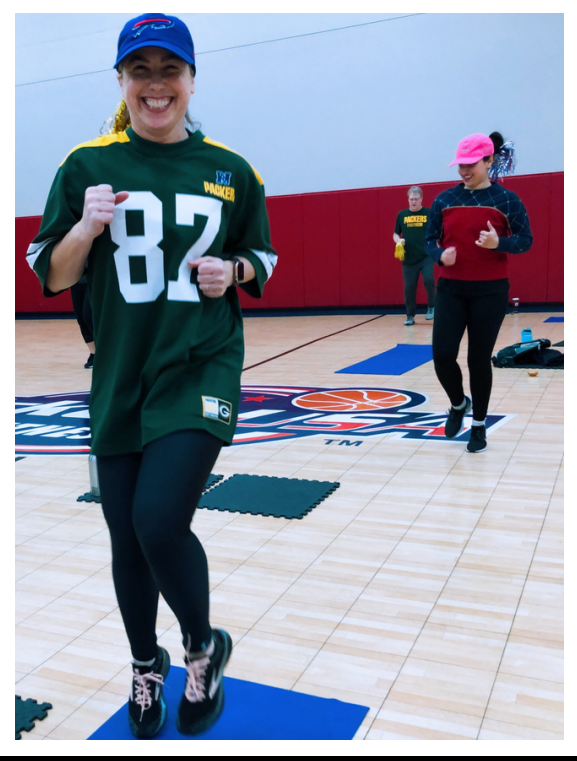
Happy Hour Fitness was proud to encourage the athletes participating in the Mesa Marathon, including WhitWhit!

Uplifting others...it's what we do best!

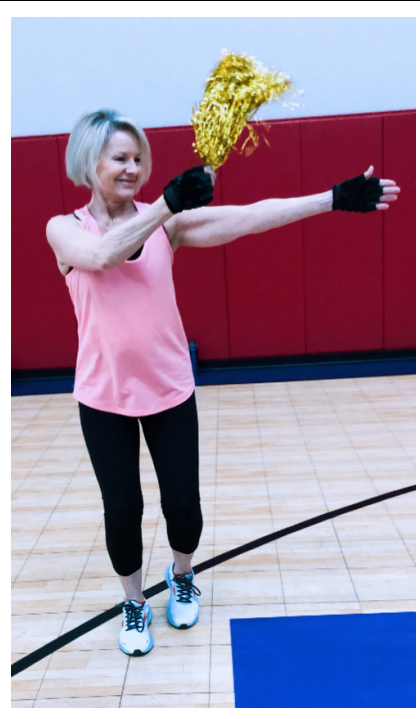
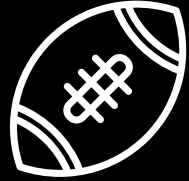




RHINO BOWL 2022



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NEW MERCH ALERT!



Logo Fleece Joggers



RaynFit.com
Click the shop tab!

Into the Wild Leggings & matching (NEW STYLE) Longline Sports bra

In-between sizes?
Please order
DOWN for leggings
& UP for the new
longline sports bra





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